

# 30 DAY

# Self-Care Challenge



1  
go candle  
sniffing



2  
create a  
vision board

3  
start a  
dream  
journal



4  
volunteer at  
a shelter

5  
complete a  
shadow  
work  
prompt

6  
do an  
activity you  
enjoyed as a  
child

7  
meditate  
with a  
crystal



8  
join a pole  
dancing  
class

9  
watch an  
ASMR video

10  
cook a dish  
from your  
favorite  
restaurant



11  
go to sleep  
with music

12  
digital plan  
with stickers

13  
repeat five  
affirmations  
in the mirror



14  
visit a  
metaphysical  
shop

15  
track  
a  
habit



16  
dance alone  
in your  
room



17  
buy fresh  
flowers



18  
get an  
astrological  
chart  
reading


19  
follow along  
with a  
breath work  
video

20  
talk to a  
stranger

21  
join a group  
fitness class

22  
schedule a  
solo cafe  
date

23  
start a  
bullet  
journal



24  
ask your  
parent(s)  
about their  
childhood

25  
drink a glass  
of wine




26  
start a  
flower or  
plant  
garden



27  
join a group  
on  
Meetup.com

28  
smudge  
with sage,  
incense or  
Palo Santo



29  
Listen to a  
new podcast

30  
watch a tear  
jerking  
movie or  
video

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